



# December 2009 Newsletter



[www.saint-marys.ca](http://www.saint-marys.ca)

The DEADLINE to have information submitted for the JANUARY issue of the NEWSLETTER is **THURSDAY, DECEMBER 17<sup>th</sup>, 2009** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: to [council@munet.ns.ca](mailto:council@munet.ns.ca) Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

## Christmas Concert



The annual Christmas Concert will be held in the Stormont Union Church, on Saturday December 19th at 7 pm. Everyone Welcome.

**Seasons Greetings to one and all.**



## ECUM SECUM FIRE HALL

THE ECUM SECUM FIRE HALL HAS RESUMED THEIR WEEKLY CARDS PARTIES. EVERY TUESDAY EVENING AT 7:30 PM. ALL ARE WELCOME.



## Christmas Bazaar

A Christmas Bazaar will be held Nov. 7<sup>th</sup>. from 11a.m. to 2 p.m. at St. Barnabas Church Hall, Ecum Secum. There will also be a bake table and fudge sale.

Lunch of chicken burgers and drink \$3.00 or hotdog and drink \$2.00 will be sold. Proceeds for St. Barnabas Altar Guild.

## Municipal Office Hours

Please be advised of the following holiday hours for the Municipal Office.

- December 24<sup>th</sup>, Closing at 12 noon
- December 25<sup>th</sup>, Closed
- December 28<sup>th</sup>, Closed
- December 31 Closing at 12 noon
- January 1 Closed



Regular hours will resume on Monday, January 4<sup>th</sup>, 2010.

## Retirement Party

Drop into the Royal Bank on December 21, 2009 and wish Rosalie Kaiser a Happy Retirement after 38 years of working for Royal Bank.

*Refreshments will be served*

## Ecum Secum Fire Dept

The Ecum Secum Fire Dept. will hold its annual "Christmas Penny Auction" on December 5, 2009 at the Fire Hall. There will be a chocolate walk. Lunch will be served at \$2.00 per person. The Penny Auction will start at 7pm.

**Everyone is welcome.**

## Goshen Community Centre

### Annual Christmas Tree Lighting

Sunday, Nov. 29<sup>th</sup>

Casserole Supper – 4:00 to 5:00

Admission to the supper –

Adults - \$8.00 Children under 12 - \$3.00

Santa Visit – 5:00 to 5:30

Tree Lighting and Caroling at 5:30



### LED Holiday Light Exchange Program

Sunday, Nov. 29<sup>th</sup> from 4:00 to 5:30

A gesture from Nova Scotia Power to help you on your way to energy savings. Bring along two sets of old Christmas Lights and exchange them for one set of new LED Lights. Quantities are limited and provided on a first come, first serve basis.

Contact person: Jackie 783-2443



**Sonora/St. Mary's River  
Community Center**

December 7<sup>th</sup>, 2009 at 7:00 pm – Regular monthly  
meeting

Everyone is encouraged to attend.



**Physically Active Lifestyle Society (PALS)**

Why wait until spring when you can commence your preparation now? Start your training; prepare for the challenge! **The Guysborough County Triathlon: the triathlon that beat Hurricane Bill**, under the direction of the Physically Active Lifestyle Society (PALS) ([www.pals-ns.ca](http://www.pals-ns.ca)), is being held on **Sunday, August 22, 2010**. The triathlon will begin at the Jost Building on the Guysborough Waterfront.

There will be prizes for the winners of each category plus random-draw prizes which all participants are eligible to win. The first 100 registered participants will receive a T-shirt. A post-race meal is included with the triathlon's registration and will be served upstairs in the Jost Building.

The race distances and starts are as follows:  
Olympic 9:00 AM (1500m swim/40km Bike/10km run)  
Sprint 9:45 AM (750 swim/20km bike/5km run)  
Tri-A-Tri 10:15 AM (300m swim/15km bike/3km run)  
Youth (Minimum age 12 years) 10:15 AM (300m swim/15km bike/3km run)

**Continued for 2010**, in lieu of paying the triathlon's registration fee, collect pledges as support for Guysborough County's three rural hospitals. For more information, please go to the triathlon information dropdown at [www.pals-ns.ca](http://www.pals-ns.ca). For other information, or to volunteer to help, contact Ray Bates, Race Director

PO Box 44, Guysborough, Nova Scotia B0H 1N0  
Email: [bates@ns.sympatico.ca](mailto:bates@ns.sympatico.ca)  
Telephone: 1-902-533-2528

*Experience the triathlon --- Experience the  
county*

**NEW YEARS DAY LEEVE**



Warden, Council and Staff of the Municipality of St. Mary's in Partnership with Sherbrooke Village would like to invite all Residents to join them for a New Years Day Levee, January 1<sup>st</sup>, 2010 from 2:00-4:00p.m. at the Sherbrooke Village Exhibit Centre. Drop by and help us ring in the New Year together.

**Refreshments will be served.**

**8<sup>th</sup> Annual Christmas Banquet**

The Bethel Community Church South Lochaber will be having their annual Christmas Banquet, Friday December 11, 2009 at 6:30 pm

No Admission No Offering



**St. Mary's Municipal  
Council**

The next regular meeting of St. Mary's Municipal Council will be held on Monday, January 11, 2010 at 7:00 p.m. The public is invited to attend.

**The Baptist Congregation of Port  
Hillford, Port Bickerton, and Sonora**

(Convention of Atlantic Baptist Churches)

The angel said, 'I bring you good news of great joy that will be for all the people ... A Savior has been born to you; he is Christ, the Lord.'"  
Best wishes to all residents of St. Mary's District this Christmas Season. May you experience the joy of Christ at Christmas and through the New Year.

**December Worship Services**

**Sunday, Dec. 6:**

Port Bickerton United Baptist Church, 11:00 a.m.  
Sonora Baptist Church, 7:00 p.m.

**Sunday, Dec. 13:**

Port Hillford United Baptist Church, 11:00 a.m.

**Sunday, Dec. 20:**

Sonora Baptist Church, 11:00 a.m.

**Wednesday, Dec. 23:**

Special Christmas Service at Port Bickerton United Baptist Church, 7:00 p.m.

**Sunday, Dec. 27:**

Port Hillford United Baptist Church, 11:00 a.m.

All Welcome! For more information, contact Rev. Norman Pearce at 522-2087 or [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca).

**CHRISTMAS POT-LUCK AND  
CAROL SING**



**WHERE: BAYVIEW BAPTIST CHURCH, LISCOMB**

**WHEN: DECEMBER 11, 2009**

**TIME: 6:00 P.M.**

**PLEASE BRING A DISH TO PASS. COME AND JOIN US FOR A HOLIDAY MEAL AND SING ALONG.**

**ANY QUESTIONS CALL 779-2709 AND ASK FOR PASTOR DAVE SMITH.**

## Legal Information Workshop

Do you care who gets your money after you are gone? Or your house?

What about your fishing gear, your jewelry, your hockey cards, and other prized possessions?

Does everyone's estate have to be Probated? What will it cost? What does "Probate" mean anyway?

What can a "Power of Attorney" do for you? Do YOU need one?

Attend a FREE Legal Information Workshop with Sherbrooke Lawyer Louise Campbell

When: Wed. December 9, 2009, from 6:30pm-7:30pm

Where: St. Mary's Municipal Boardroom  
also

Would you like to learn more about:

### Wills and Estates, Probating an Estate, and Power of Attorney

learn more with Antigonish Lawyer Meghan MacGillivray

When: Tuesday Dec.1st, 2009

Where: The Antigonish Career Resource Centre

Women and men of all ages are welcome

Call Mica Francis for more details at 863-8668

Sponsored by the Antigonish Women's Resource Centre



## St. Mary's Lion's Club

### Karaoke at the Lion's Club

Friday November 27<sup>th</sup>, 2009

9 pm -1 am

\$8.00 per person

Gov't ID's required

Music by Master Blaster



### New Year's Eve Dance

Lion's Club Sherbrooke

Music by Fuzz Petals

9 pm -1 am

\$20.00 per person

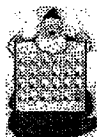
Light snacks

Tickets available from Lion's Members



## Speak Out

The St. Mary's District Lions Club invites you, the public, to attend their annual "Speak Out" - (Public Speaking Competition) for St. Mary's Academy students. The Place? - the Lions Hall in Sherbrooke on Tuesday Dec. 1/09 (Storm date Dec. 8/09) at 7 pm. You will appreciate how well the students can fulfill the commitment they made, and they will appreciate the support you show just by being there. A light lunch will be provided.



Mark the date on your calendar

## Royal Can. Legion Br. # 86 Liscomb

Auction Thursday at 8pm

Cribbage Saturdays at 8pm

### "Christmas in the Country"

Dec. 12, 2009

Craft & Bake Sale 10-12pm Liscomb Legion

Get your trees and bows

Christmas House Tours 1-4pm

Christmas Tea - Liscomb Parish Hall 2-4pm

Tickets available at Nauffts General Store or Liscomb

Post Office \$5.00 per person

Children's Christmas Concert

6:30 pm Liscomb Parish Hall

Come enjoy the children get ready for Santa's visit and tree lighting



### New Years Dance

Dec. 31, 2009

Br 86 Liscomb Legion 9pm till 1am

Music by "Rocking Riley"

Tickets \$20 per couple

For tickets contact: the Legion 779-2006 or Deb at 779-2231

### NSPI Light Exchange

Dec 12, 2009

Liscomb Parish Hall

After the tree lighting

Bring all your old lights. NSPI will exchange 2 old for one new set of Led Lights



## INDIAN HARBOUR LAKE-JORDANVILLE COMMUNITY CENTRE

AUCTION 45'S EVERY TUES. EVENING AT 8 PM, LIGHT LUNCH SERVED ADMISSION \$5.00.

NEXT HALL MEETING MONDAY DEC. 14<sup>TH</sup>, AT 6:30 PM EVERYONE WELCOME.

WALK AND EXERCISE PROGRAM WILL BEGIN SOON AT THE HALL.

CHRISTMAS TEA & SALE SUNDAY DEC. 13, 2-4 PM. ADMISSION \$5.00

WE WILL BE TAKING DONATIONS OF CRAFTS AND BAKING FOR THE SALE TABLE. ALL PROCEEDS FOR THIS EVENING ARE FOR THE HALL FUND



## Did you Know?

A deep lake has an upper layer of sun warmed water (in the summer) and a colder layer below. The warmer layer floats on top of the colder layer, but does not mix with it. In the fall, the top layer cools. Gusty fall winds can mix the water all the way to the bottom, circulating the nutrients found there.

St. Mary's Naturalists Club

**ST. MARY'S DISTRICT FOOD BANK**



Give the gift of sharing! Have you ever considered giving a donation to the Food Bank in the name of a friend or relative? The

Food Bank will send a gift card to whomever you choose, indicating that you have made a gift donation in their name.

Money for gift cards or for donation may be mailed to: St. Mary's District Food Bank, PO Box 102, Sherbrooke, NS, B0J 3C0. Tax receipts are available for donations of \$10. or more.

Donations of non-perishable food items will be accepted at all Old Fashioned Christmas events in Sherbrooke Village.

If you are in need of assistance please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential.

**Sherbrooke Library**



**CHATLINE**

**STORYTIME**

The fall session of pre-school storytime will end on Dec. 10, with our Christmas party. Storytime will resume on Thurs, Feb 4. Current participants don't need to re-register for the winter/spring session. New participants may register at the Library.

**SENIORS' CAFÉ**

The Seniors' Café Christmas party will be held on Friday, Dec. 18. The café will resume on Jan. 8.

**BOOK CLUB**

Book Club meets on the first Thursday of each month. The next meeting will be on December 3, from 1 - 2 p.m. at the Library.

Sherbrooke Library & C@P Site	
Monday.....	2-5 & 6-8pm
Tuesday.....	2-5 & 6-8pm
Wednesday.....	2-5 & 6-8pm
Thursday.....	2-5pm
Friday.....	10:30am-4pm
Saturday.....	11am-2pm
Telephone: 522-2180	
<a href="http://www.ecrl.library.ns.ca">www.ecrl.library.ns.ca</a>	

**Penny Auction**

When: Tuesday Nov. 24, 2009 at 7:00 pm

Where: Licsomb Legion

All Proceeds go to St. Mary's Academy Student Council.

**Anglican Parish of Liscomb - Port Bickerton  
December Services**

**December 6<sup>th</sup>**

9:00am	BCP MP	St. Paul's
11:00am	BCP HE	St. Thomas
3:00pm	BCP EP	St. Luke's
7:00pm	BCP EP	St. James



**December 13<sup>th</sup>**

9:00am	BCP MP	St. Luke's
11:00am	BCP HE	St. James
3:00pm	BCP EP	St. Thomas
7:00pm	BCP EP	St. Paul's

**December 20<sup>th</sup>**

9:00am	BAS MP	St. James
11:00am	BAS HE	St. Luke's
3:00pm	BAS EP	St. Paul's
7:00pm	BAS EP	St. Thomas

**December 24<sup>th</sup>**

Christmas Eve		
4:00pm	BAS HE	St. Paul's
6:00pm	BAS HE	St. Thomas
8:00pm	BCP HE	St. Luke's
11:00pm	BCP HE	St. James



**December 27<sup>th</sup>**

9:00am	BAS MP	St. Luke's
11:00am	BCP MP	St. Paul's

**FUNDRAISER**



St. Mary's Curling Club recently received a very generous donation from "Huge Curling Savings" and "Olson Curling Supplies". Jointly they donated 4 Olson Reactor 2 Curling Brooms to our club. To help keep our membership fees affordable these

brooms will be used individually throughout the year in ticket draws.

If you would like to support our curling club by purchasing tickets please call Debbie Feltmate at 522-2281. Tickets are \$1 each or 6 for \$5. Draw date will be at the bonspiel on December 13, 2009. Tickets will be available every Monday and Tuesday evening at the RecPlex until the draw date.

St. Mary's Curling Club thanks these companies for their generous donation.

**St. Mary's Night of The Arts**

Friday Dec. 11<sup>th</sup>, 6:00 pm at St. Marys Academy Gymnasium. All Proceeds for St. Mary's Academy Student Council.

Cost Adults \$5.00 Children under 12 \$3.00

A coffee shop style event featuring local artists, musicians, and writers. If you would like to show off your artwork, poetry, singing, or any other talent contact Simone at 522-2035.



## St. MARYS' CURLING CLUB UPDATE

We have started this year off strong with a full schedule on Monday evenings.

16 teams hit the ice every Monday for fun and exercise.



We are also adding **Tuesday evening from 6:30 to 8:00pm**. We will need 6 teams to run for 5 weeks from **November 24 to December 22**. At that time we will decide if there is enough interest to continue to the end of the season in March. **Fees: St. Mary's Curling Club Members - \$30; Non-members - \$40 for 5 nights.**

Also starting on **November 24 at 6:30pm** is "Learn To Curl". Donalda Mattie from the NS Curling Association will instruct this 6 hour program. Participants will decide how many sessions they want the 6 hours to stretch over. **Fee: \$35.00.**

So if you have been curious and want to give it a try this is an excellent opportunity to learn to curl safely and from the beginning. Open to new and current curlers because there is always something we can learn!

A Fun Bonspiel will be held on December 12 & 13. No experience necessary...put in a family team, maybe a team of co-workers or friends. Lots of laughs and fun. Call to register before deadline December 7/09.

Entry fee is only to cover expenses and is determined by number of teams entered.

Please call for information of any of the above to Debbie Feltmate 522-2281.

## St. Mary's Pastoral Charge

The United Church of Canada  
Advent & Christmas Services

### Sundays Worship in December

9:30am at Bethany United Church, East River St. Mary's  
11:00am at St. John's United Church, Sherbrooke  
7:00pm at Kirk Memorial United Church, Glenelg

**Christmas Pageant** - Kirk Memorial United Church in Glenelg Sunday, December 20, 7:00pm

**Service of Light and Holy Communion** - *Featuring the Bells of St. Mary's*, Bethany United Church in East River St. Mary's, Wednesday, December 16, 7:00pm

**Old Fashioned Christmas Eve Service** - Historic St. James Church in Sherbrooke Village, Wednesday, December 24, 7:00pm

*In partnership with Sherbrooke Village, there will be...*

Live Outdoor Nativity, Carolers in Period Costume, Hot Apple Cider & Cookies, Horse & Sleigh Rides for the Children, *Beginning at 6:30!*



For more information please call 833-3930

## December at Indian Harbour Lake Pentecostal Church



### Sunday

9:45 am Sunday School  
Classes for children & adults  
11:00 a.m. Morning Worship

### Weekday Activities

Wednesdays 3:00 - 4:30 p.m.  
Tweens (Ages 8 - 12)  
Friday Dec. 4<sup>th</sup> & 18<sup>th</sup> 7:00 p.m.  
Youth Group (Ages 13 - 19)

### Special Christmas Events

**Sunday, December 13<sup>th</sup> - 6:30 p.m.**

Children's Christmas Program

**Thursday, December 17<sup>th</sup> - 7:00 p.m.**

Community Choir Christmas Concert  
Storm date: December 19<sup>th</sup>

**Thursday, December 24<sup>th</sup> - 7:00 p.m.**  
Christmas Eve Candlelight Service



All are Welcome! For more information, contact Pastor Dave Connolly at 522-2759 or visit our web site [www.ihlpentecostalchurch.ca](http://www.ihlpentecostalchurch.ca)  
**The congregation of Indian Harbour Lake Pentecostal Church wish all a blessed Christmas filled with the peace and hope of Christ whose Birth we celebrate.**



## HAPPY HOLIDAYS FROM ALL AT HIGH-CREST

Erma MacLaren will be celebrating her birthday on December 14<sup>th</sup>, Happy Birthday Erma! We will have our birthday celebration in January.

**Our Annual Christmas Tea & Sale** will be held on Friday December 4<sup>th</sup> @ 1:30. The price of the Tea is \$5.00, please come for some tea, sweets and a visit. We will have a craft table and the Homebuddies will be having their bake table. Any donations would be appreciated!

Our Christmas Tea is a special event for our residents. It is a great opportunity to visit with the community and welcome people into their home. Look forward to seeing you there!



With the holiday season approaching there is always a question of what to purchase for gifts. We have gift certificates available on site for our hair salon.

Please drive carefully over the holiday season!

## KIDS FIRST

**The Parent/Tot Drop-in** takes place in Sherbrooke on Tuesdays from 9:30 to 11:30AM at the St. Mary's Education Center. Drop-in is open to all parents/caregivers and children ages 0-6 years. This is a family centered program which provides a safe and welcoming environment for adults and children to come together to play and learn. A great opportunity to meet other families with young children in your area.



**Just Me & My Friends School Readiness** program will be taking registration for children turning four on or before December 31/09 in the St. Mary's district who will be registering for school in the fall of 2010. The children are to be dropped off at 9:30AM and picked up at 11:30AM and bring a healthy snack. This program gives the children some adjustment time away from their parents before entering school the next year. For more information about this program please call Paula toll free at 1-888-533-3881.

**Marie Joseph** - For more information about Kids First programming in Marie Joseph in the new year, please call Dianne at 347-2324 or toll free 1-888-533-3881.

**Goshen Community Centre** - Any parents interested in programming at the Goshen community centre through Kids First are asked to call Paula at 533-3881 or toll free at 1-888-533-3881. Programs such as parent/tot drop-in, Jump, Jiggle & Jive, You Make the Difference parent/child interaction program or Nobody's Perfect Parent discussion group can be offered if there is enough interest.

**Guysborough County Prenatal Nutrition Program** is designed to support pregnant women and their babies up to six months of age. Supports include:

- Home Visits
- Nutritional Counseling/Support
- Lending Library
- Milk & Nutritional Supplements
- Breastfeeding Supports

**Kids First Family Home Visitor Program** is designed to help new parents with goal planning using a family-centered, strengths-based approach. The home visitor will provide emotional and practical supports, as well as role modeling, parenting information, and general health information. Referrals to other agencies and organizations who may be able to provide supports, assistance with family goal setting and achievement of these goals. Referrals for this program are through Public Health after the birth of the baby. For more information about this program contact your local Public Health office or Kids First.

For more information regarding Kids First or the programs, visit our website [www.kids1st.ca](http://www.kids1st.ca) All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.

Kids First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the generous donations by the general public.

## CBDC – Guysborough County

46 Main Street, PO Box 199  
Guysborough NS  
B0H 1N0

Phone (902)533-2770

Toll Free 1-888-303-2232

E-mail: [wanda.macdonald@cbdc.ca](mailto:wanda.macdonald@cbdc.ca)

**Seed Capital and Counselling Program** provides loans to help start, expand or improve a small business, as well as acquire business skills training.

- A maximum of \$20,000 is available per applicant in the form of a repayable, loan with flexible interest and repayment terms.
- Training is available for business management and business counselling.

\*The first step is to set up an information session or meeting with the CBDC to obtain information about the program and to discuss your business idea.

To find out more information please visit [www.cbdc.ca](http://www.cbdc.ca) or call 1-888-303-2232 or (902) 533-2770

**Self-Employment Benefit Program**- A program of Employment Nova Scotia that provides financial assistance for up to one year to eligible individuals to help them create jobs for themselves by starting a business. Training in business management is available at no cost.

\*The first step is to contact the CBDC or the Career and Job Counselling Center to set up an appointment to determine eligibility and obtain information.

To find out more information please visit: <http://www.gov.ns.ca/employmentnovascotia/programs/self-employment.asp> or call 1-888-303-2232 or (902) 533-2770

**Career and Job Counselling Centre** assists in the application process of Employment Nova Scotia Programs and much more. We assist in:

- Returning to school (Skill Development)
- Starting a business (Self Employment Benefits Program)
- Job Creation Partnerships
- Resume and cover letter development
- One on one job searches
- Job search internet access
- Free Career Related Workshops

To find our more information please call (902) 533-1906 or toll free at 1-888-533-1906

\*Serving All of Guysborough County\*

The Career & Job Counselling Center is hosted by the Guysborough County Community Business Development Corporation Limited and is funded through the Canada-Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia

## Marie Joseph Community Centre

### Nov. 28<sup>th</sup>, Family Dance

Cost \$5.00 a family & 2.00 a person  
Time 7-10 pm. Music CD's  
Canteen available. Everyone welcome

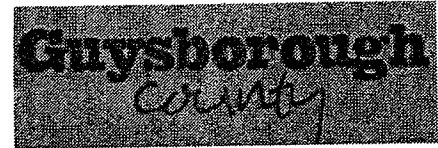
### Nov. 29<sup>th</sup>, - Xmas Merchandise Bingo

Time - 2 pm. Door Prizes, Gift Certificates, Christmas items and lots more. Everyone welcome and don't forget your dabbers.

### Dec. 10, - Ladies Night Out - Xmas Bingo

Time - 7 pm. Cost: Cards 3/\$5.00 everyone is to bring 2 wrapped Christmas gifts valued at \$5.00 each, and a Toonie for the jackpot. Lunch provided. Everyone welcome.

Darts - every Friday night at 8 pm. 19 years and older



## News from the RDA

Hi everyone.

It's hard to believe Christmas is right around the corner! It has been an exciting first six months for me and I am pleased with all the opportunities I have had to work with the community so far.

Our Business Builders program was very successful this year. We had 81 participants, with 21 from the District of St. Mary's. It was a fantastic way for me to get out there in the community, meet people and see the area. I am truly impressed with the hardworking young entrepreneurs we have here and their supportive parents, both of which are critical to this project's success

The GCRDA has hired a new youth intern, Brennon Skinner. I have already given him a tour of the area and he has shown a great interest in helping the District with community development.

We are continuing to meet with businesses through our Business Retention and Expansion (BRE) program. For those of you who aren't familiar with BRE, it is a community-based economic development strategy with a focus on nurturing and supporting existing businesses. To do this, we are meeting with employers to discuss their challenges and opportunities to tackle obstacles and unlock opportunities to business growth.

If you are interested in participating in the BRE program, please do not hesitate to give me a call or drop by. I am almost always available upstairs in the Municipal Office regarding this or any of our other programs.

Merry Christmas and a Happy New Year!

Tina Dickieson  
Development Officer  
522.2432

## Country Harbour Gun Club

*Nov. 29<sup>th</sup>*, - Christmas Prize Bingo Starting at 2:00pm

*Dec. 5<sup>th</sup>*, - Christmas Country Breakfast 8:30-10:30 am.

*Dec. 5<sup>th</sup>*, - Mixed Dart Tournament Proceeds go to Christmas Daddies. Registration 12:45 pm Play starts at 1:00 pm. 3 players per team. \$30.00 per team. Prizes - Turkeys, Hams, Chickens. To register call Carol - 328-2199 or 328-2491.

*Dec. 12<sup>th</sup>*, - Christmas concert for the Holy Trinity Anglican Church starting at 7:00 pm Adults \$5.00 Children \$3.00 Lunch to be served.

*The Warden, Council, & Staff of the Municipality of St. Mary's would like to wish everyone a Safe and Merry Christmas, and a Happy New Year.*

## Thank you

To our Family & Friends, for all who worked, the planning, decorating, and the lovely lunch, for phone calls, gifts, cards, most of all just sharing our 50<sup>th</sup> anniversary with us. Thanks, our love to all.

Murray & Mary Baker



## St. Mary's District Community Christmas Choir Concerts

A local Community Choir, under the direction of Iris Hayes, will present their annual Christmas Sacred Concert at two venues:

**Monday, Dec. 14th**, at Sonora Baptist Church, 1871 Sonora Road, 7:00 PM (storm date: Tues., Dec. 15<sup>th</sup>) and

**Thursday, Dec. 17th**, at Indian Harbour Lake Pentecostal Church, 7:00 PM (storm date: Sat., Dec. 19<sup>th</sup>)

(A free will offering will be received in support of a worthy cause.)

All are invited to come and enjoy the concert, which is becoming a Christmas tradition in this area.

## **GUYSBOROUGH COUNTY WALKATHON**

Winter might be rapidly approaching but there is no need to become sedentary. As you set your personal winter-time activity goals why not commence your preparation for an event that will enable you to show both your appreciation and support for Guysborough County's three hospitals?

The **Third Annual Guysborough County Walkathon**, under the direction of the Physically Active Lifestyle Society (PALS), ([www.pals-ns.ca](http://www.pals-ns.ca)) is being held on **August 21, 2010**. The funds raised through the efforts of the walkathon's volunteers and participants will be divided equally between Guysborough County's regional hospitals: Eastern Memorial Hospital Foundation, Guysborough Memorial Hospital Foundation and St. Mary's Memorial Hospital Society.

This enjoyable event will begin on Saturday, August 21, at 10:00 AM from the Jost Building at Guysborough's Waterfront. The walkathon will cover a distance of only 5 km (3.1 miles) traveling by the side of Main Street, next to Guysborough's harbour, along Lower Water Street, up Peart Road and then return back via the same route to the Jost Building.

As per a Nova Scotia Public Works regulation: "Children under the age of 8 participating in a walkathon must be accompanied by an adult."

Come out to enjoy this event and partake in the activities being planned to happen at the Guysborough Waterfront. This is an excellent opportunity to show your support for our county's three hospitals and to raise funds by simply walking (or running) for your own health, as a team-participation effort, in memory of a special person or for your personal individual reason.

Pledge sheets, along with more information for the Guysborough County Walkathon are available online at [www.pals-ns.ca](http://www.pals-ns.ca).

**Questions?** Contact one of the following: Donald Dunbar, St. Mary's Memorial Hospital Society (522-2572). John Bent, Eastern Memorial Hospital Foundation (366-2249). Jude Avery, Guysborough Memorial Hospital Foundation 525-2074 (home) 525-2567 (cottage). Ray Bates, PALS (533-2528).

*Neighbours Helping Neighbours*

## **Transfer Station Hours**

Please be advised of the following holiday hours for the transfer station.

- December 24 Closing at 12 noon
- December 25 Closed
- December 26 Closed
- December 31 Closing at 12 noon
- January 1 Closed
- January 2 Closed



Regular hours will resume on Tuesday, January 5<sup>th</sup>, 2010.

## **Holiday Garbage Pick Up**

Harry Hatton's  
Sherbrooke and Area  
Garbage pick-up will be:  
Dec. 23<sup>rd</sup>, 2009  
Dec. 30<sup>th</sup>, 2009



A reminder to residents that only clear and blue bags are accepted at the transfer station, no dark colored bags.

## **Garbage Collection**

Wendell Hensbee  
Goshen/Country Hbr. Lake/Lochiel Lake areas  
Garbage will be collected on:

Friday – Dec. 18<sup>th</sup>  
Tuesday – Dec. 29<sup>th</sup>  
Friday – Jan. 8<sup>th</sup>



## **Goshen C@P Site**

### **Hours of Operation**

Tuesday and Thursday, 10:00 am to 5:00 pm

### **We offer:**

- Wireless High Speed Internet
- Free Computer and Internet Use
- Printing, laminating, binding and copying available



### **Offering one on one basic training with**

- Computer use
- Microsoft Office
- Internet Use and Research
- Setting up Email, Facebook, etc.

For those who have never used a computer - drop in and let us show you how easy it is to send an email to friends and family. Bring along a favorite picture to send in the email.

Phone Trevor at 783-2107 for more information

# ST. MARY'S PARKS & RECREATION Happy Holidays!!

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

## Trail Blazer Registration

"No Child Inside"



The Trail Blazers offers the opportunity to build bridges to the outdoors, and to give every child in St. Mary's an outdoor experience. Trail Blazer is the first program to combine

Outdoor Education, Outdoor Recreation and Leadership to bring children closer to nature.

Registration forms will be sent home with students in grade 4 - 7 on **Monday, November 23<sup>rd</sup>**. If you don't receive a form, please contact the St. Mary's Recreation office at 522-2598 to get a form.

Due to staffing there will be a maximum of **20 kids** in the program. Register early, so you are not disappointed. Registration is on a first come first serve basis. We will be accepting registration forms until **Dec 16<sup>th</sup>**.

If you have an questions about the Trail Blazers please contact the St. Mary's Recreation office. Please check the St. Mary's Recreation website and Facebook page for updates on the Trail Blazers.

## TRAIL BLAZER STAFF

The St. Mary's Recreation Department along with the St. Mary's River Association is seeking a person for a part-time position working with the Trail Blazer after school program.

The successful applicant will be responsible for carrying out the duties requested by Supervisors. Duties will include but are not limited to: Supervise trail blazer students, delivering educational/recreational activities, publicity.

Program will be held on Tuesday's following school.  
Salary \$9 per hour, 4 hrs a week.

Please submit your resume and cover letter to the recreation office or by email:

[brendon.smithson@munet.ns.ca](mailto:brendon.smithson@munet.ns.ca). Deadline for applications is **Dec 4<sup>th</sup>**, 2009 at 4pm.

Join us on **facebook**

St. Mary's Rec Facebook Group will strive to keep you up to date on all recreation programs, cancellations, after school and summer job opportunities throughout the Municipality. Join our group and tell us what programs you would like to see.

## KIDS ONLY CLUB IS BACK!



REGISTRATION FOR THE 2010 SEASON OF KIDS ONLY CLUB IS JUST AROUND THE CORNER. THIS YEAR WE WILL BE PILOTING THE CATCH KIDS CLUB, WHICH EMPHASIZES NON-ELIMINATION GAMES AND PHYSICAL ACTIVITY, AS WELL AS HAS A NUTRITION COMPONENT. KIDS ONLY CLUB WILL BE OFFERED IN EACH OF OUR EIGHT DISTRICTS AGAIN THIS YEAR. REGISTRATION FORMS AND PARENT INFORMATION SHEETS WILL BE GOING HOME THROUGH THE EDUCATION CENTRE IN THE NEW YEAR. THE DEADLINE FOR REGISTERING YOUR CHILD IS **JANUARY 8<sup>th</sup>**. KIDS ONLY CLUB IS OPEN TO KIDS AGED 5-12.

## Kids Only Club Staff Wanted!

We are currently looking for Kids Only Club Staff. If you are looking for something fun to do after school for a couple of hours and you enjoy playing with children, this is the job for you! We are looking for a staff member in each district, and you don't need to have your driver's license to apply. Please drop off your resume at the Recreation Office, or email it to [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca) by **December 11<sup>th</sup>**.

## Aerobic Classes

Due to everyone's busy schedule in December, all Aerobic classes will be cancelled. Classes will begin again in the New Year. Enjoy the holidays!

# ST. MARY'S PARKS & RECREATION Happy Holidays!!

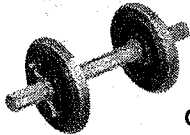
website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

## Junior Leaders Wanted!

We are also looking for Junior Leaders for Kids Only Club. If you like playing with children, and would like to try being a leader, we're looking to students from grade 6-8 to help out our after school staff.

It's a great opportunity to get out, have fun, and put in some volunteer work (which looks great on a resume!) If you think you'd like to work as a summer day camp leader in the future, this is your chance to try out your leader skills. If you're in grades 6-8 and would like to be a Junior Leader, please contact Kristin at the recreation office by phone 522-2598, in person, or by email [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca)

## Fitness Centre Hours



### Christmas Hours

The St. Mary's Fitness Centre will be closed Monday Dec 21<sup>st</sup> and will re-open on Jan 4<sup>th</sup>. All active memberships will be extended for the closure.

### Winter Hours

With the New Year fast approaching and all the New Year resolutions coming, the fitness centre will extend its hours beginning in January. Listed below are the new hours for the fitness centre

Monday – Friday 6 – 7am & 3 – 8pm  
Saturday 10am – 2pm  
Sunday – Closed

During these hours, you can contact the fitness centre at 522-2715. Outside of these hours please contact the Recreation office.

## Over 30 Hockey Schedule

Wed Dec 1<sup>st</sup>

7pm Georgie vs. Richard 8:15pm Mike vs Scott

Fri Dec 4<sup>th</sup>

7pm Richard vs. Ted 8:15pm Mike vs. Georgie

Wed Dec 9<sup>th</sup>

7pm Richard vs Scott 8:15pm Ted vs. Georgie

Fri Dec 11<sup>th</sup>

7pm Mike vs. Ted 8:15pm Scott vs. Georgie

Wed Dec 16<sup>th</sup>

Richard vs Scott 8:15pm Ted vs. Scott

Fri Dec 18<sup>th</sup>

7pm Mike vs. Scott 8:15pm Georgie vs Richard

## Friends of Stonewall Park

The Municipality of St. Mary's teamed with the St. Mary's River Association are looking to develop the "Friends of Stonewall Park" non-profit group. The Mission of the Organization is to work with the community to develop and maintain Stonewall Park into a resource meeting the needs of the users, now and into the future.

The first meeting of the Friends of Stonewall Park will be held on Tuesday December 8<sup>th</sup> at 6pm in Council Chambers. We are looking for community members that are interested in developing stonewall park for community use.

Everyone is welcome to attend this meeting. If you are unable to attend but would still like information on the Friends of Stonewall Park, please contact the St. Mary's Recreation Department at [Brendon.smithson@munet.ns.ca](mailto:Brendon.smithson@munet.ns.ca) or by phone at 522-2598.

## Walking Program



We had our first snowfall which means winter is right around the corner. Along with winter comes icy roads and cold weather.

With limited places to walk safely during the winter months, St. Mary's Recreation office will bring back the St. Mary's Walking program at St. Mary's Academy. The program will begin January 11<sup>th</sup>, 2010 and open **Monday and Wednesday from 3pm – 6pm.**

You can walk the halls of St. Mary's while socializing and be active without worrying about cold weather or ice. There is no cost for this program just sign in at the St. Mary's Fitness Centre and enjoy the walk. While walking take a look at the pictures and see if you recognized anyone.



## Old Fashioned Christmas Concerts:

November 28, **CEILIDH** at St. James  
Presbyterian Church.  
7:30 pm, tickets \$8 at the door.

November 29, **ECUMENICAL CHOIR SERVICE**  
at St. James Presbyterian Church. 7:00  
pm, there will be a Silver Collection.

December 6, **GRAND FINALE CONCERT**  
featuring John Gracie at St. James  
Presbyterian Church 7:30 pm, tickets  
\$12 at the door.

## St. Mary's Cancer Unit

*St. Mary's Cancer Unit update for 2009*  
*Door to door campaign \$3395.80*  
*Daffodil campaign \$1061.00*

*We are grateful to our canvassers and special thanks  
goes to St. Mary's Education Centre for the assistance  
with the Daffodil Campaign.*

*Anyone requiring information about the cancer society  
can contact one of the following:*

*Ola Laing 522-2046*  
*Alice Kennedy 522-2518*  
*Jean Kenny 779-2575*  
*Mary Kaizer 364-2652*



## PREVENTING FALLS TOGETHER

The Preventing Falls Together Coalition raises awareness of falls and fall prevention through organizing and implementing safer community projects. One of our projects for 08/09 was Grit Bags. These bags were filled with grit that was able to be carried in pockets and purses of seniors to be sprinkled on slippery spots all winter. Our coalition is happy to announce we are continuing the project this year; done up in a more durable bag.

Falls remain one of the leading causes of Canadian Seniors being hospitalized and subsequently being admitted to a nursing home. In addition to costs to the health care system and placement in nursing homes, many seniors can die from complications from a fall. The Preventing Falls Together program aims to reduce falls among seniors by taking a population health approach that targets the root cause of falls by using a variety of strategies to address the problem at the organizational, community and individual levels.

It is everyone's responsibility to help safe-proof our homes, businesses and our streets for seniors.

## Don't Fall For Christmas!



## Preventing Falls Together

Some thoughtful gift ideas for seniors that can help prevent a fall this winter season.

### Gifts for the home:

- Battery operated emergency lights that will activate during a power outage
- Plug in night lights for bathrooms and hallways around the home
- Fluorescent tape to mark the edges of steps, thresholds, and other potential trip areas both inside and out
- Rubber backed non-slip mats to replace those dangerous scatter rugs
- Grab bars for the bathtub, shower, by the toilet, and beside steps
- Sturdy railing by all stairways inside and out
- Bath chair to make getting into and out of the tub safer
- Non slip mats for inside and outside the tub and shower area
- Cordless phone to be kept on or near user
- Ice melting compound, or sand for outside walks and steps
- Sensor lights for outside entry areas
- Laundry cart with wheels
- Garage door opener

### Gifts for your loved one:

- Small flashlights for pockets, bedside, beside TV —for power outages
- Key chain flashlight to help find the keyhole on their car or home on dark days
- Long handled shoehorn to reduce the chance of bending over and losing balance
- Long handled reacher for reaching things in high places, instead of climbing
- A sturdy step stool with handrail
- New sneakers for all-day indoor use
- "Icers" to fit over outside boots for winter days
- An interesting cane to encourage use around the home
- A metal tipped cane for outside use on icy days
- Gift certificate for snow removal, home repair, or yard work services
- A set of pre-paid taxi vouchers or coupons for use on snowy or icy days
- A personal emergency response system (e.g., "Lifeline" or "In Touch")
- Certificate for exercise program suited to individual's fitness level and age

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Kids First 9:30am Yoga Melrose 5:30pm TKD 6:30pm Speak Out Lion Hall 7pm Ecum Secum cards 7:30pm IHL Cards 8pm	2 MJ Kids First 10am Figure Skating 3pm Over 30 Hockey 7pm Goshen fitness Class 7pm Lions Hall Bingo 7:45pm	3 Sherbrooke Library book club 1pm Liscomb Legion Auction 8pm	4 Old Fashion Christmas Senior Café 9:30am High-crest Xmas Tea & Sale 1:30pm Over 30 Hockey 7pm MJ Darts 8pm Trail Blazers staff deadline	5 Old Fashion Christmas CH Xmas Breakfast 8:30am CH Dart tournament 1pm Ecum Secum Xmas Penny Auction 7pm Liscomb Legion Cribbage 8pm
6 Old Fashion Christmas	7 Sherbrooke Kids First 9:30am Sonora CC Hall meeting 7pm	8 Kids First 9:30am Friends of Stonewall Park meeting 6pm TKD 6:30pm Curling 6:30pm Ecum Secum cards 7:30pm IHL Cards 8pm	9 MJ Kids First 10am Figure Skating 3pm Legal Information Workshop municipal office 6:30pm Over 30 Hockey 7pm Goshen fitness Class 7pm Lions Hall Bingo 7:45pm	10 Sherbrooke Library book club 1pm MJ Ladies Night Out 7pm Liscomb Legion Auction 8pm	11 Senior Café 9:30am St. Mary's Night of the Arts 8pm Bayview Church Xmas pot-luck & carol Sing 9pm Bethal Church Xmas Banquet 6:30pm Over 30 Hockey 7pm MJ Darts 8pm Kids Only Club staff deadline	12 RCL Liscomb Craft & Bake Sale 10am CH Xmas Concert 7pm Liscomb Legion Cribbage 8pm
13 IHL Xmas Tea & Sale 2pm	14 Sherbrooke Kids First 9:30am IHL hall meeting 6:30pm Curling 6:30pm Sonora Church Xmas Choir Concert 7pm	15 Kids First 9:30am TKD 6:30pm Curling 6:30pm Ecum Secum cards 7:30pm IHL Cards 8pm	16 MJ Kids First 10am Figure Skating 3pm Over 30 Hockey 7pm Goshen fitness Class 7pm Lions Hall Bingo 7:45pm Trail Blazers Registration deadline	17 Sherbrooke Library book club 1pm IHL Church Xmas Choir Concert 7pm Liscomb Legion Auction 8pm	18 Senior Café 9:30am Over 30 Hockey 7pm MJ Darts 8pm	19 Stormont Xmas Concert 7pm Liscomb Legion Cribbage 8pm
20	21 Fitness Centre Closed RBC Retirement Party Curling 6:30pm	22 Fitness Centre Closed TKD 6:30pm Curling 6:30pm Ecum Secum cards 7:30pm IHL Cards 8pm	23 Fitness Centre Closed MJ Kids First 10am Figure Skating 3pm Over 30 Hockey 7pm Lions Hall Bingo 7:45pm	24 Fitness Centre Closed Sherbrooke Library book club 1pm Liscomb Legion Auction 8pm	25 Fitness Centre Closed Municipal Office/Transfer Station Closed	26 Liscomb Legion Cribbage 8pm Transfer Station Closed
27	28 Fitness Centre Closed Municipal Office Closed Curling 6:30pm	29 Fitness Centre Closed Kids First 9:30am TKD 6:30pm Curling 6:30pm Ecum Secum cards 7:30pm IHL Cards 8pm	30 Fitness Centre Closed MJ Kids First 10am Figure Skating 3pm Over 30 Hockey 7pm Lions Hall Bingo 7:45pm	31 Fitness Centre Closed Sherbrooke Library book club 1pm Liscomb Legion Auction 8pm Liscomb New Year Dance 9pm New Year Dance Lion Hall		